

श्री डामरतन्वम्

अथ वक्ष्ये महेशानि क्रियाः सिद्धि प्रदायिनीः ।
पात्राणि विहिता नीह शास्त्रविद्भिः प्रयत्नतः ॥१॥

O Parvati! I shall expound to you the recommended actions and rituals of Shivambu Kalpa that confers numerous benefits. Those well versed in the scriptures have carefully specified certain vessels for the purpose. (1)

सौवर्णं राजतं ताम्रं कांस्यजं रीतिजं तथा ।
आयसं मृण्मयं चैव नामजं काचसंभवम् ॥२॥
वैष्णवं काष्ठसंभूतं विल्वजं चाम्बुसंभवम् ।
अस्थिजं चर्मजं चैव पात्रं वै पर्णसंभवम् ॥३॥

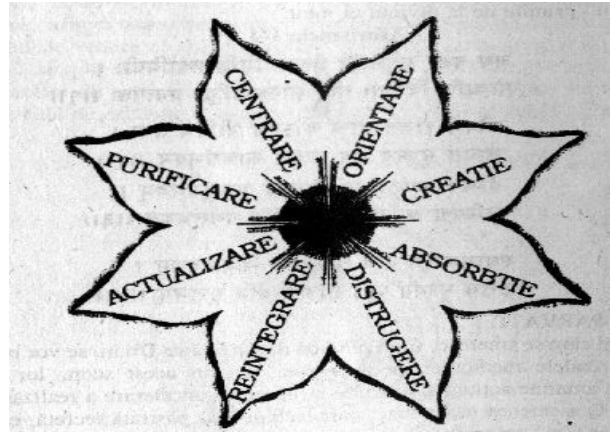
Utensils made from the following materials are recommended: Gold, Silver, Copper, Bronze, Brass, Iron, Clay, Ivory, Glass, Wood from sacred trees, Bones, Leather and Leaves. (2, 3)

एषामन्यतमे पात्रे धारयेच्च शिवाम्बुकम् ।
उत्तमं मृण्मयं पात्रं ताम्रजं देवि सूतमम् ॥४॥

The Shivambu (one's own urine) should be collected in a utensil made of any of these materials. Among them, clay utensils are better, copper are by far the best. (4)

अक्षारकटुकान्नाशी साधकः श्रमवर्जितः ।
शयीत लघुभुग् रात्रौ भूमिशायी जितेन्द्रियः ॥५॥

The intending practitioner of the therapy should abjure salty or bitter foods, should not over-exert himself, should take a light meal in the evening, should sleep on the ground, and should control and master his senses. (5)



चतुर्थ्यामिवशिष्टायां रात्रावुत्थाय बुद्धिमान् ।
मूत्रोत्सर्गं प्रकुर्वीत प्राङ्मुखः परमाणयः ॥६॥

The sagacious practitioner should get up when three quarters of the night have elapsed, and should pass urine while facing the east. (6)

आदिघारां परित्यज्य चरमां च त्यजेद् बुधः ।
मध्यघारां प्रगृहणीयाद् एषोऽत्र विधिहस्तमः ॥७॥

The wise one should leave out the first and the last portions of the urine, and collect only the middle portion. This is considered the best procedure. (7)

यथा भुजंगदेहेषु मुखे पुच्छे विषं भवेत् ।
एवं शिवाम्बुधारायां प्रकारः प्रथितः शिवे ॥८॥

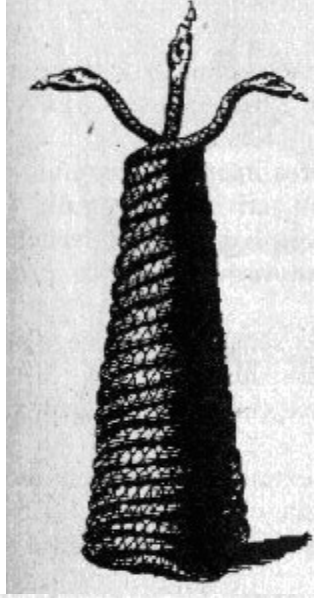
Just as there is poison in the mouth and the tail of the serpent, O Parvati, it is even so in the case of the flow of Shivambu. (8)

शिवाम्बु चामृतं दिव्यं जरारोगविनाशनम् ।
तदादाय महायोगी कुर्याद् वै निजसाधनम् ॥९॥

Shivambu (auto- urine) is heavenly nectar, which is capable of destroying senility and diseases. The practitioner of Yoga should take it before proceeding with his other rituals. (9)

मुखशुद्धिं विधायैव कृत्वा चावश्यकी क्रियाम् ।
पिवेच्छिवाम्बु विमलं जन्मरोगविनाशनम् ॥१०॥

After cleansing the mouth, and performing the other essential morning functions, one should drink one's own clear urine, which is the annihilator of senility and diseases. (10)



मासमात्र प्रयोगेण निर्मलाभ्यन्तरो भवेत् ।
मासद्वयाभ्यासवशात् पाटवं चेन्द्रियादिषु ॥११॥

One who drinks Shivambu for the duration of a month will be purified internally. Drinking it for two months stimulates and energizes the senses. (11)

मासत्रयप्रयोगेण रोगदुःखविनाशकम् ।
पञ्चमासाभ्यासतोऽपि दिव्यदृष्टिरनातुरः ॥१२॥

Drinking it for three months destroys all diseases and frees one from all troubles. By drinking it for five months, one acquires divine vision and freedom from all diseases. (12)

षण्मासाज्जायते योगी महाबुद्धिः कृतागमः ।
सप्तमास प्रयोगेण जायते बलवत्तरः ॥१३॥

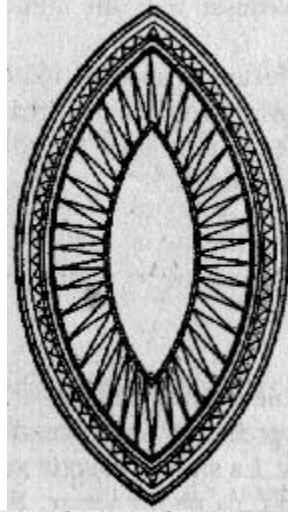
Continuation of the practice for six months makes the practitioner highly intelligent and proficient in the scriptures, and if the duration is seven months, the practitioner acquires extraordinary strength. (13)

अष्टमासाभ्यासवशात् स्वर्णकान्तिः स्थिरा भवेत् ।
नवमासप्रयोगेण क्षयकुष्ठविनाशनम् ॥१४॥

If the practice is continued for eight months, one acquires a permanent glow like that of gold, and if it is continued for nine months, one is freed from tuberculosis and leprosy. (14)

दशमासप्रयोगेण जायते तेजसां निधिः ।
एकादशभिरेवात्र मासैः सर्वाङ्गनिर्मलः ॥१५॥

Ten months of this practice makes one a veritable treasury of luster. Eleven months of it would purify all the organs of the body. (15)



जायते मानवो वर्षप्रयोगेणार्कसनिभः ।
वर्षद्वयेन जायेत पृथिवीतत्त्वसंजयी ॥१६॥

A man who has continued the practice for a year becomes the equal of the sun in radiance. He who has continued for two years conquers the element Earth. (16)

वर्षत्रयेण जायेत अप्तत्त्वजयकृद् भवेत् ।
चतुर्वर्षाभ्यासतः स्यात् तेजस्तत्त्वजयी ध्रुवम् ॥१७॥

If the practice is continued for three years, one conquers the element of Water, and if it is continued for four years, the element Light is also conquered. (17)

पञ्चवर्षाभ्यासतश्च योगी वायुजयी भवेत् ।
सप्तवर्षप्रयोगेण अहंकारजयी भवेत् ॥१८॥

He who continues the practice for five years conquers the element Air, and he who continues it for seven years conquers pride. (18)

अष्टवर्षप्रयोगेण महत्तत्त्वजयी भवेत् ।
नववर्षाभ्यासतोऽयं जन्मात्ययविवर्जितः ॥१९॥

Continuation of the practice for eight years enables one to conquer all the important elements of Nature, and continuation of it for nine years frees one from the cycle of birth and death. (19)

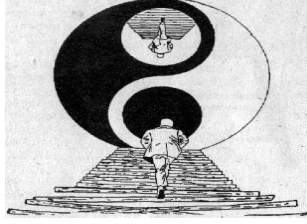
दशवर्षप्रयोगेण खेचरः श्रमवर्जितः ।
तथा चैकादशे वर्षे शृणोत्याभ्यन्तरं ततः ॥२०॥

One who has continued the practice for ten years can fly through the air without effort. One who has continued it for eleven years is able to hear the voice of his sour (inner

self). (20)

द्वादशाब्दप्रयोगेण जीवेदाचन्द्रतारकम् ।
बाध्यते नैव सर्पाद्यैर्विषाद्यैर्न विहिंस्यते ॥
न दह्यतेऽग्निना क्वापि काष्ठवत्तरते जलम् ॥२१॥

He who has continued the practice for twelve years will live so long as the moon and the stars last. He is not troubled by dangerous animals such as snakes, and no poisons can kill him. He cannot be consumed by fire, and can float on water just like wood. (21)



अन्यं देवि प्रकारं ते वक्ष्यामि शृणु यत्नतः ।
शिवाम्बुमिश्रितं चूर्णं गडूच्या भक्षयेन्नरः ॥२२॥
एवं षण्मासतो रोगैर्विमुक्तः प्राप्नुयात्सुखम् ।
हरीतकीभवं चूर्णं भक्षयेत्तु प्रयोगतः ॥२३॥
शिवाम्बुपानकं कुर्याज्जरारोगविनाशनम् ।
एकवर्षाभ्यासवशात् जायते बलवत्तरः ॥२४॥

O Goddess! I shall tell you now about other variants of the therapy. Please listen attentively. He who takes powdered amrita (gaduchi, Tinospora Condifolia) mixed with Auto-Urine habitually for six months, is freed from all disorders, and acquires happiness. (22, 23 cont...)

Powdered haritaki (harade, Terminalia Chebula) should be assiduously taken with Shivambu. This combination destroys senile degeneration and all diseases. If this practice is continued for a year, it makes one exceptionally strong. (...23, 24)

शंघकं माषमात्रं तु प्रातःकाले च भक्षयेत् ।
एवं वर्षत्रयाभ्यासाज्जीवेदाचन्द्रतारकम् ।
तस्य मूत्रपुरीषाभ्यां शुक्लं भवति काञ्चनम् ॥२५॥

One masha (about one gramme) of sulphur be taken along with Shivambu every morning. He who continues the practice for three years will live as long as the moon and the stars last. His urine and feces will whiten gold. (25)

कोष्ठं शिवाम्बुमिलितं भक्षयेत् क्रमयोगतः ।
द्वादशाब्दप्रयोगेण वलीपलितवर्जितः ।
नागायुतैः समबलो जीवेदाचन्द्रतारकम् ॥२६॥

The powder of the Koshtha fruit should be mixed properly with Shivambu and taken in the prescribed manner. If this practice is continued for twelve years, one's body will be free from the ravages of old age such as wrinkles on the skin, and whitening of the hair. One acquires the strength of a thousand elephants, and lives as long as the moon and the stars continue to exist. (26)

मरीचं त्रिफलाचूर्णं मिश्रितं च शिवाम्बुना ।
एतद्योगप्रयोगेण जायतेऽयमरद्युतिः ॥२७॥

If powdered pepper and Triphala Choorna (mixed powder of Terminalia Belavica, Terminalia Chebul and Phylonthus Embica) mixed with Shivambu are taken regularly, one acquired a radiance like that of the gods. (27)

गन्धकं चाभ्रसत्त्वेन मिश्रितं क्रमयोगतः ।
भक्षयेदम्बुमात्रं यः सहितेन शिवाम्बुना ॥२८॥
नाशयेदौदरान् रोगान् तथा वायुसमुद्भवान् ।
बलवान् दिव्यकान्तिश्च दीर्घायुः कालदञ्चकः ॥२९॥

The essence (bhasma) of mica and sulpher should be taken with Shivambu along with a little water. This cures al disorders caused by malfunctioning of the digestive system and all disorders caused by the Vata humour. He who takes such a mixture regularly become strong, acquires a divine radiance, and can cheat time (escape the ravages of time). (28, 29)

शिवाम्बुभक्षणं यस्तु नित्यं कुर्वन् दिने दिने ।
अक्षाराम्लकटून्यत्ति स सिद्धिं शीघ्रमृच्छति ॥३०॥

He who takes Shivambu daily and excluded salty, sour and bitter food from his diet acquires divine accomplishments quickly. Freed from all ailments, and possessing a body comparable to that of Shiva Himself, he disports himself like the gods in the Universe for an eternity. (30).